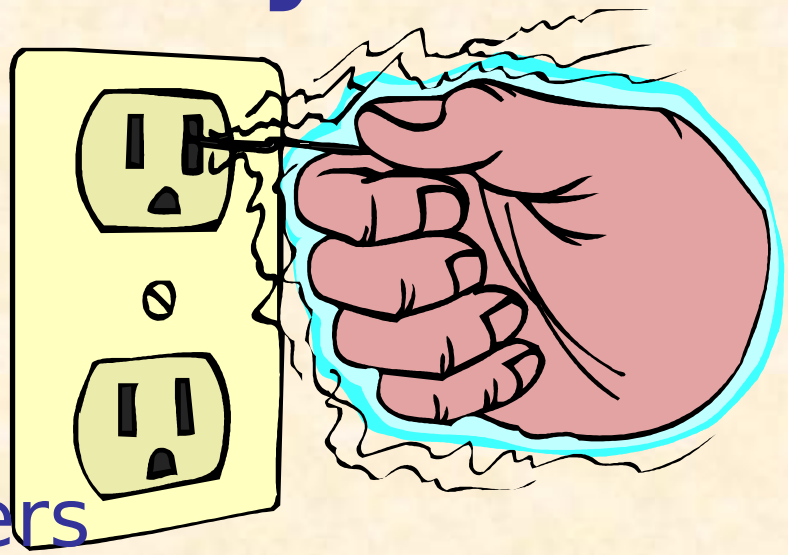
Making Your Home

"We've completely child-proofed our home."

A Safer Place

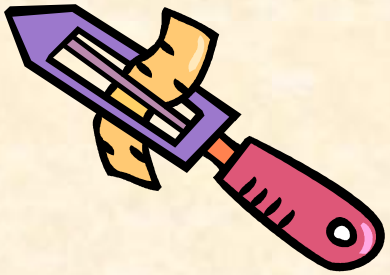
Household Safety

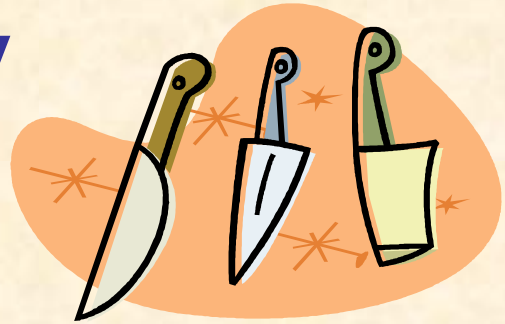
Electrical Safety



- Unplug appliances
- Install caps or plug covers
- Install ground fault circuit interrupters (GFCI)
- Tag shut-off for gas, oil, water, and main electrical supplies
- Teach children to keep electrical appliances away from water

Kitchen Safety

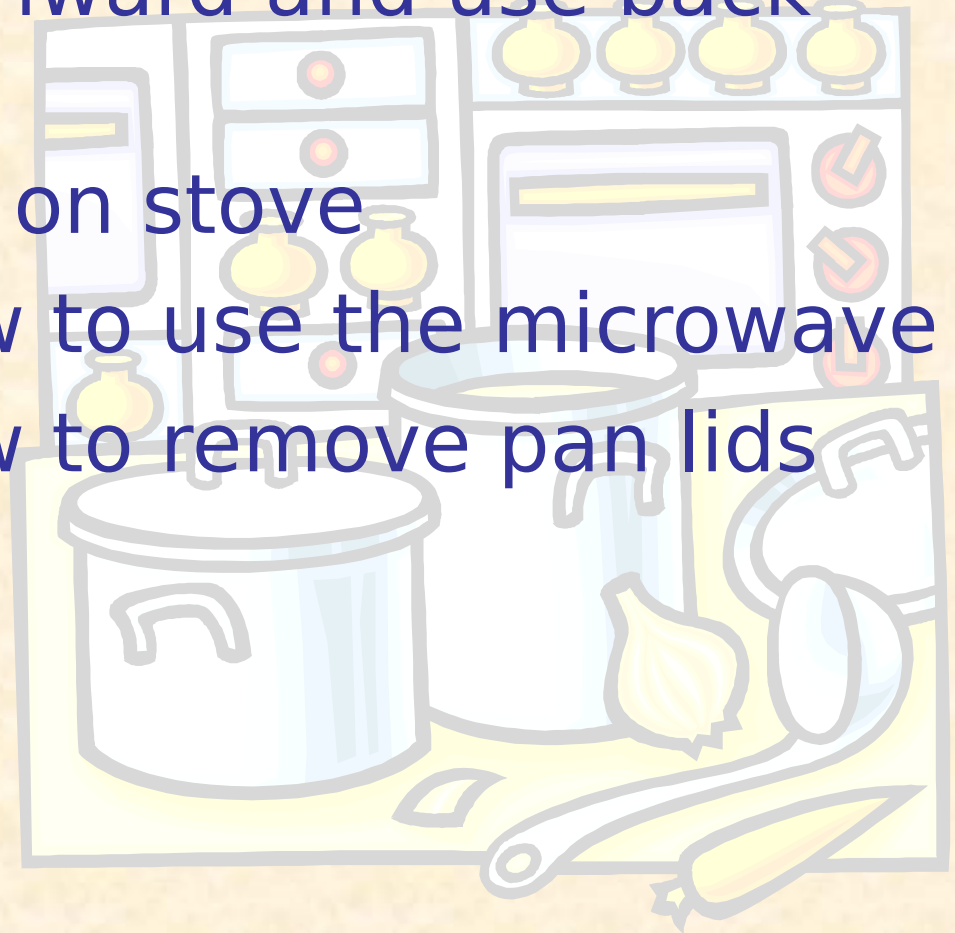




- Store knives and sharp tools out of reach
- Mount knife sets on walls or on countertops high enough or far enough back to be out of child reach
- Teach older children to use knives and tools properly
- Install child-proof latches on kitchen drawers

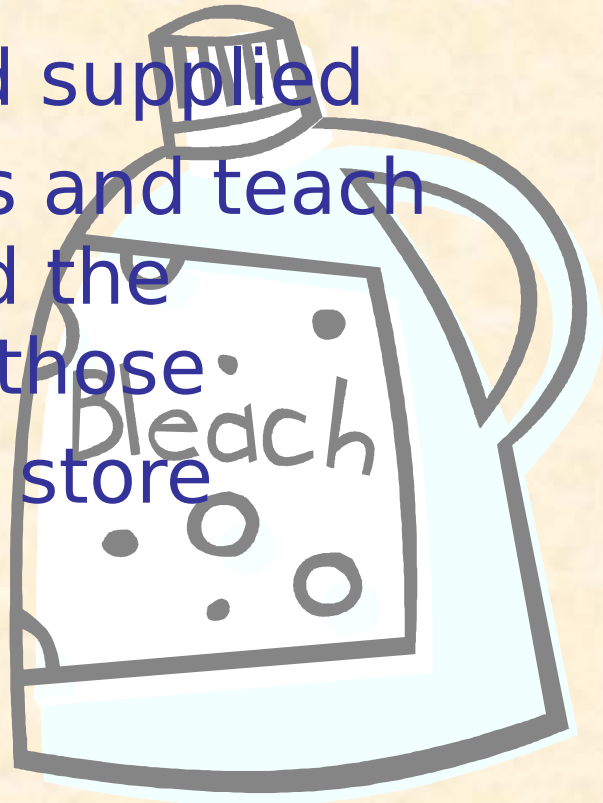
Kitchen Safety

- Turn pot handles inward and use back burners
- Use safety barrier on stove
- Show children how to use the microwave
- Show children how to remove pan lids



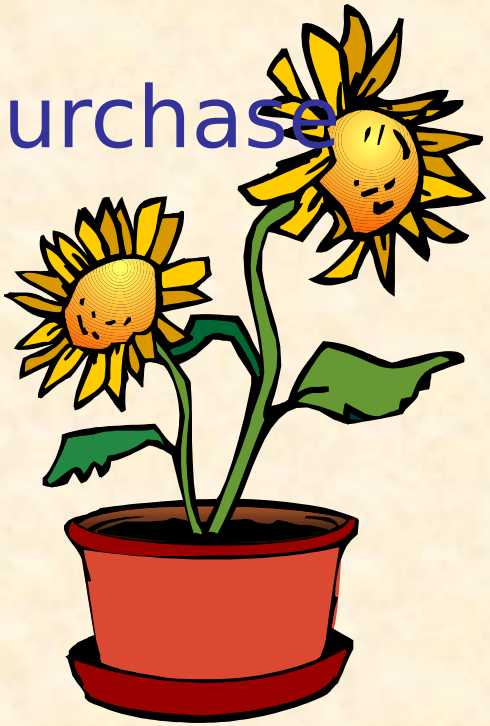
Kitchen Safety

- Use safety latches on cabinets and drawers
- Keep foil and plastic wrap boxes out of reach
- Keep garbage under the sink
- Keep First Aid Kit updated and supplied
- Clearly mark all harmful items and teach kids what the marks mean and the consequences of playing with those
- Do not use food containers to store chemicals



Pesky Pets and Plants

- Keep children away from plants
- Use covers in pots to prevent playing in the soil
- Consider the pet before purchase
  - Type
  - Temperament
  - Allergies
  - Hygiene

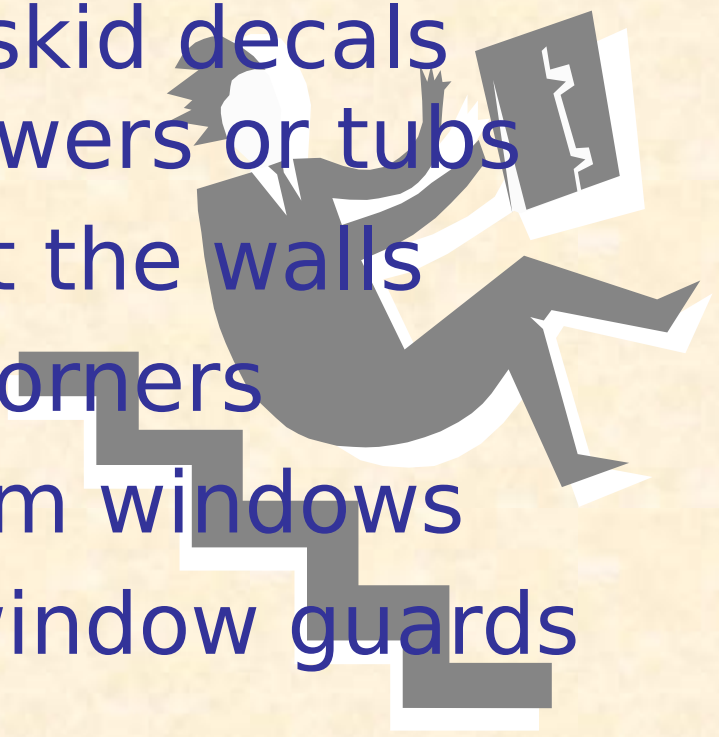


Strange Animals

- Never approach or try to pet an unfamiliar animal
- Be cautious; animals may bite when they get excited
- Remember; even a small bite can be dangerous
- It is important to let an adult know if bitten

Preventing Falls

- Use throw rugs with rubber backing
- Use rubber mats or no-skid decals and grab-bars in showers or tubs
- Secure furniture against the walls
- Use padding on sharp corners
- Keep furniture away from windows
- Install easy-to-detach window guards



Preventing Falls

- Keep stairs free of objects
- Install handrails on stairs
- Use plastic guards on stair or deck railings
- Place a barrier at the entry of any stairway accessible to children under 3 years of age

Preventing Falls

INFANT CARE

INFANT

- Avoid leaving infants (or children under 5) alone
- Keep infant seats off of tables, chairs, or counters
- Use infant seats with a wide, stable base
- Lock high-chair trays
- Use safety gates
- PREVENT access to cord, ribbons, wires, or strings that are mote than 12”

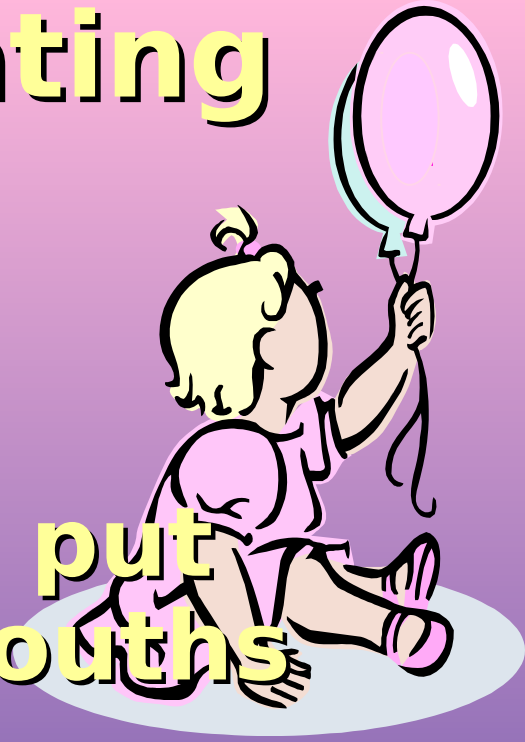
Keeping Cribs Safe

- Use the proper crib mattresses
- Crib slats on headboards
- Fasten bumper pads
- Keep all pillows, large plush toys, and beanbags away
- Keep cribs away from dangling window shades or drapery cords
- Keep the drop-side of mesh playpens raised

Keeping Cribs Safe

- Never put wall hangings above cribs or beds
- Keep gyms and mobiles away
- Keep all toys with strings away
- Remove necklaces and other jewelry
- Avoid using plastic bags

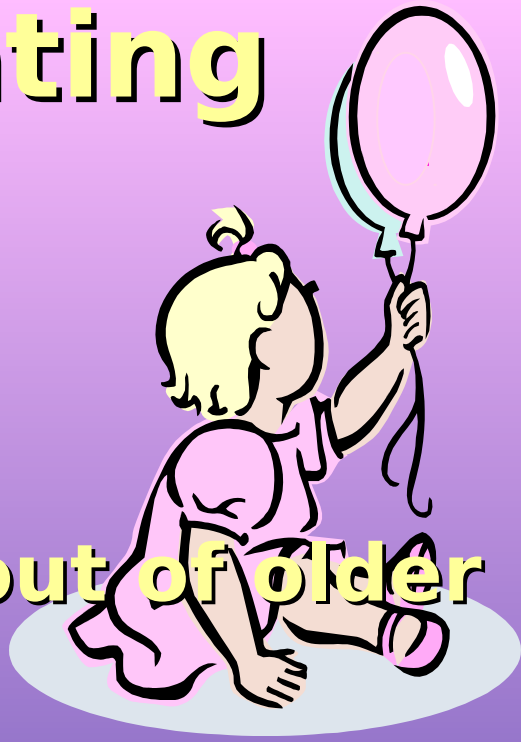
Choking / Suffocating Hazards



Babies and toddlers put everything in their mouths

- Chop or shred round or slippery foods
- Keep balloons away from children
- Keep babies and toddlers away from small, easy-to-swallow objects (< 1 5/8”)

Choking / Suffocating Hazards



- Keep babies and toddlers out of older siblings' rooms
- Use toy chests with removable lids and ventilation holes
- Use safety gates

Learn Infant and Child CPR

Fire Safety

Fire Safety Basics

Teach

- The basics of fire safety
- Matches and lighters are ONLY for grownups
- Never touch matches or lighters
- Tell an adult if they find matches or lighters

In case of a fire…

- Develop and practice a fire escape plan
  - Get out quickly
  - Once outside, stay outside
  - Meet other family members outside at a predetermined location

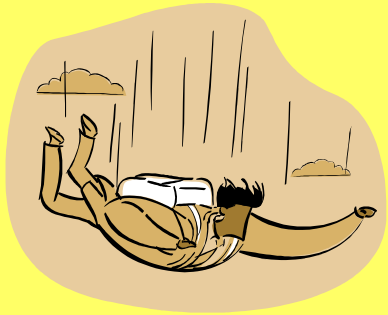
If trapped inside a burning building…

- Touch doors before opening
- Crawl low under the smoke
- Signal rescuers from a window
- Place towels or sheets above and at the bottom of doors

Stop, Drop,and Roll!

- **STOP…**
  - **- where you are**

- **DROP…**
  - **- to the ground**



- **ROLL…**
  - **- over, covering face and hands**

Fire Prevention Necessities

- Install smoke detectors
- Install carbon monoxide detectors
- Place fire extinguishers

Firearm Safety Around Your Home

- Store UNLOADED guns & ammo in locked cabinets/areas at least 56” or higher

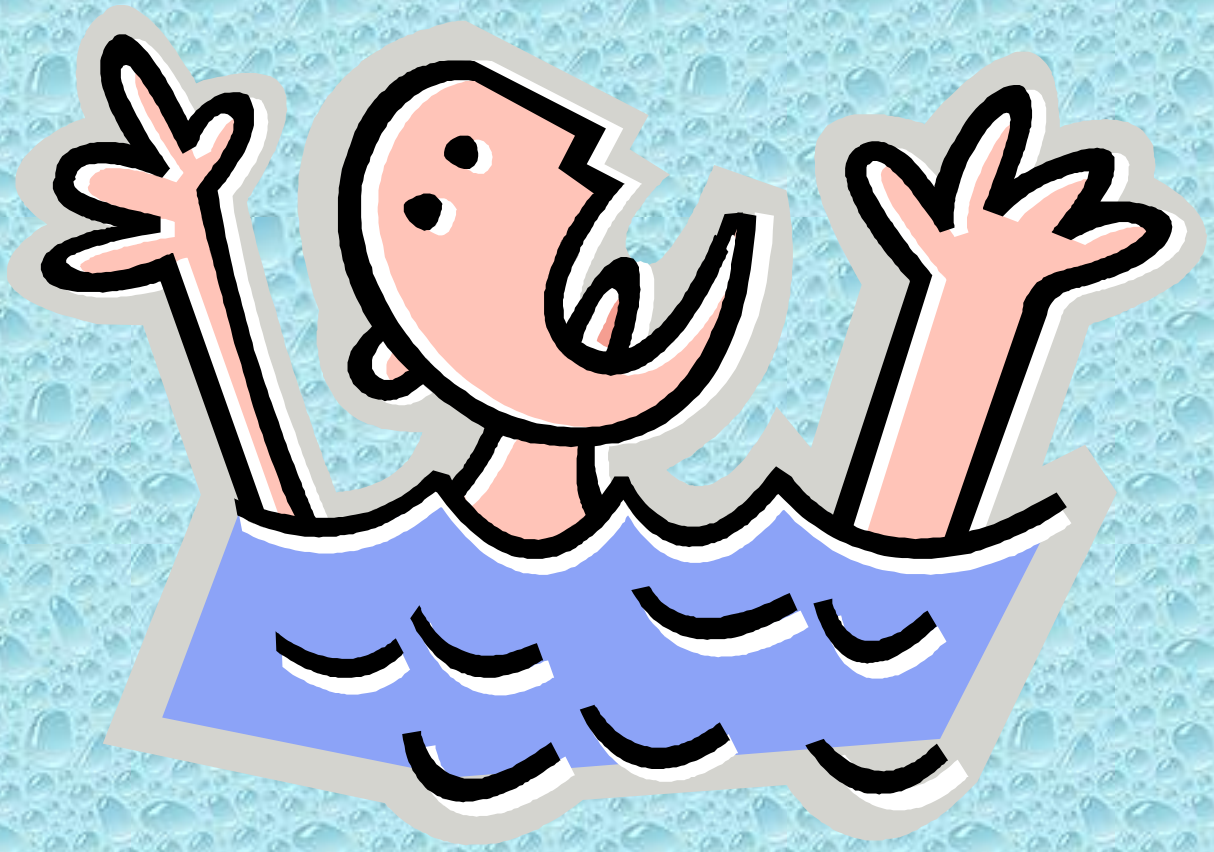
Keep The Key Hidden

- Secure guns with a barrel or trigger lock

Keep The Key Hidden

- Store ammunition separately from guns

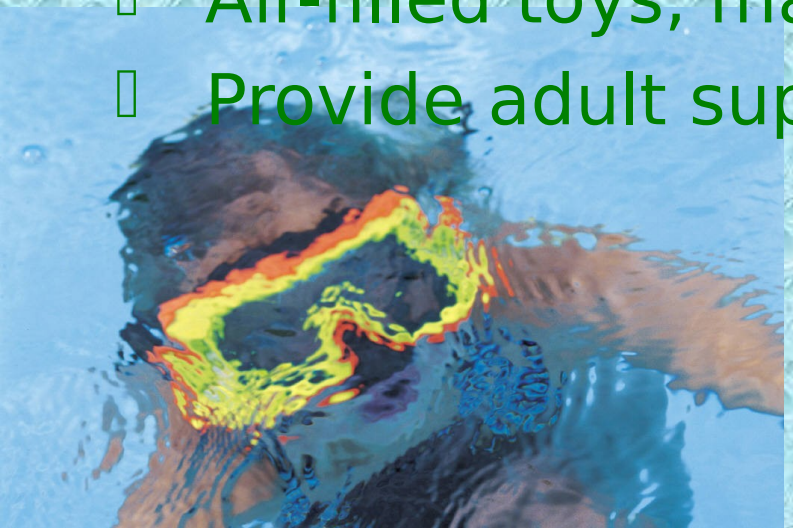
Keep The Key Hidden



Water Safety

Swimming Safety

- Make sure children know how to swim
- Consider CPR course
- Make sure children wear personal flotation devices
- Air-filled toys, mattresses, or swimming aids
- Provide adult supervision

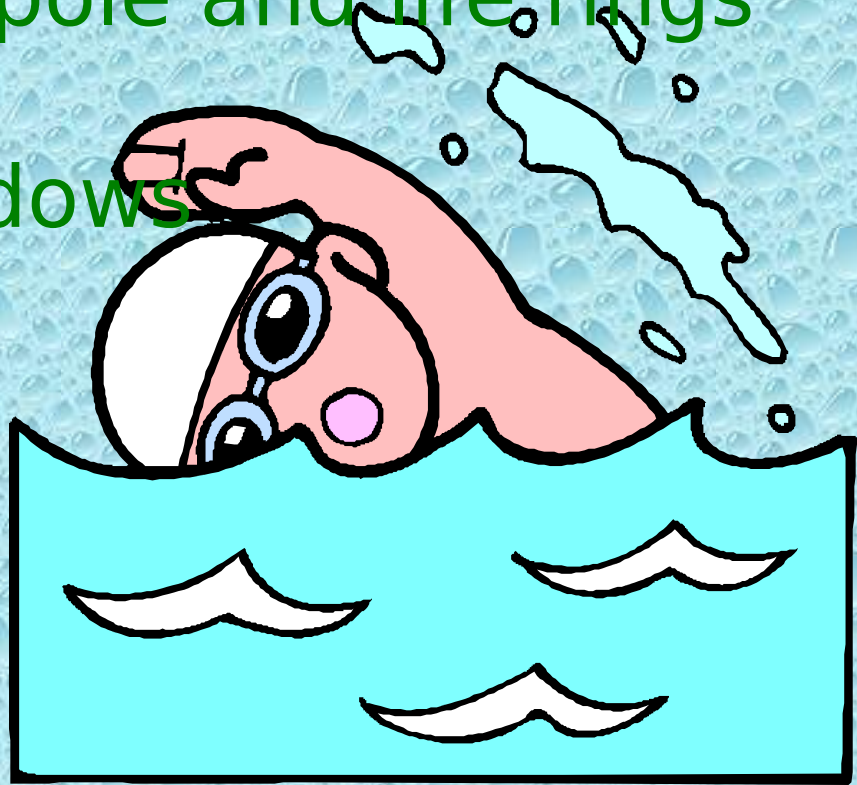


Water Safety At Home

- NEVER leave a child unattended in water
- Install toilet bowl cover locks or latches
- Monitor children bath tubs and baby tubs
- Empty all buckets and pails after use
- Empty and store wading pools after use
- Enclose hot tub or spa areas
- Install locking cover on hot tubs or spas

Water Safety At Home

- Cover hot tub and pool drains
- Enclose swimming pools
- Keep a long rescue pole and life rings or tubes handy
- Lock doors and windows
- Install a pool alarm



Recreational Safety

Yard and Playground Safety

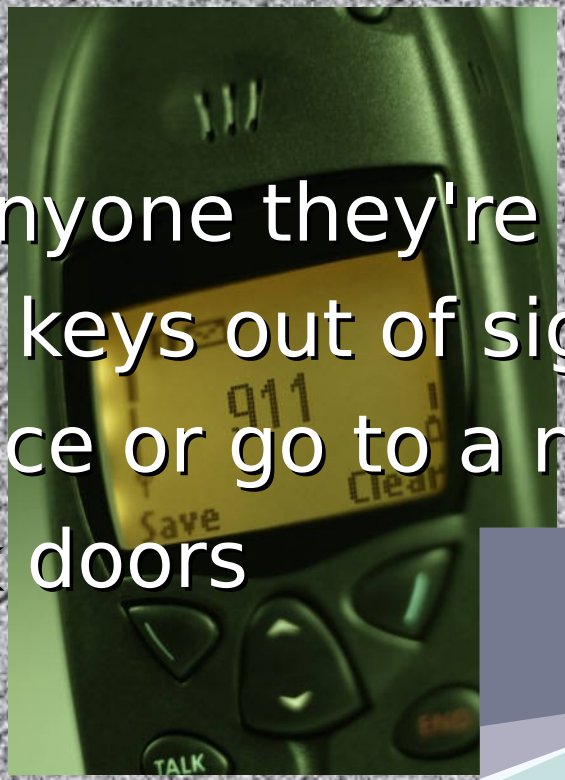
- Check fences and playground equipment
- Anchor playground equipment away from fences, walls or obstructions
- Put wood chips or sawdust under equipment
- Keep children indoors when mowing the yard
- Check yard for snakes, ants, and thorny poisonous plants
- Keep children off the lawn at least 48 hours after spraying pesticides

Bicycle, Scooter, Skate, and Skateboard Safety

- Properly fit the bike to the child
- Insist that children wear helmets (mandatory)
- Wear pads and guards when skating or skateboarding
- Place reflective material on bikes, helmets, and clothing
- Children should ride on the right side of the road
- Never skate or skateboard in the street

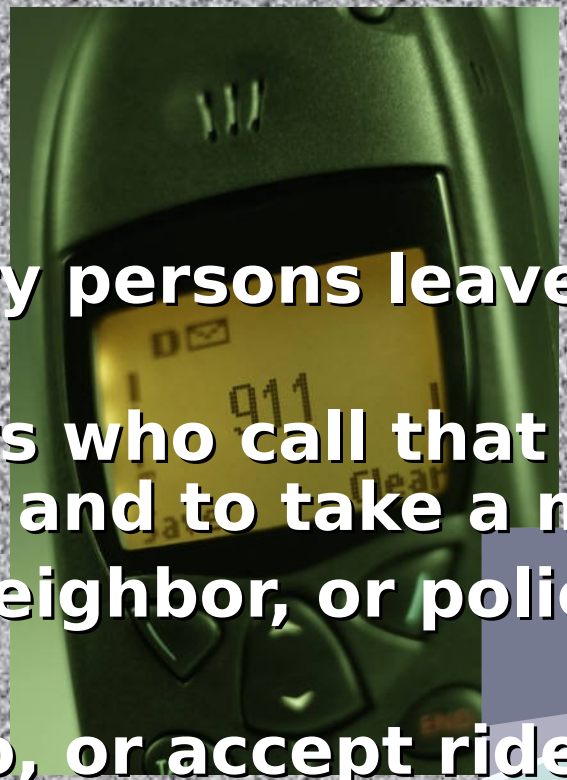
Staying Home Alone and Street Smarts

Advice for Children



- Never tell anyone they're alone
- Keep house keys out of sight
- Call the police or go to a neighbor's house
- Double-lock doors

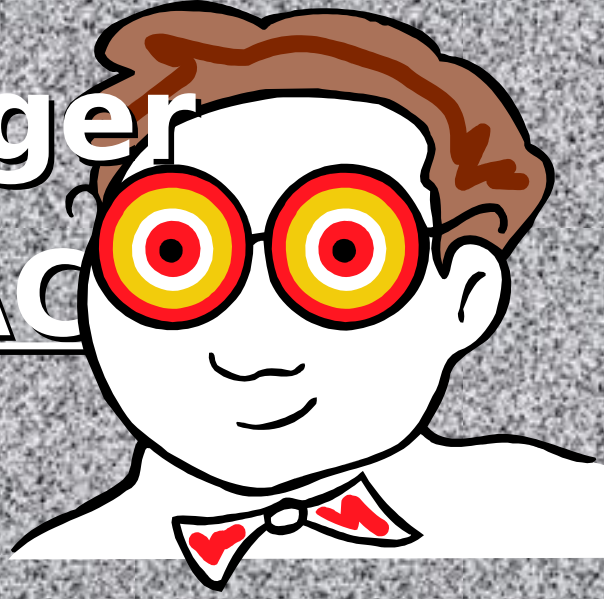
Advice for Children



- Have delivery persons leave packages outside
- Tell strangers who call that "mom and dad are busy" and to take a message
- Call you, a neighbor, or police if they have a problem
- Never talk to, or accept rides or gifts from strangers

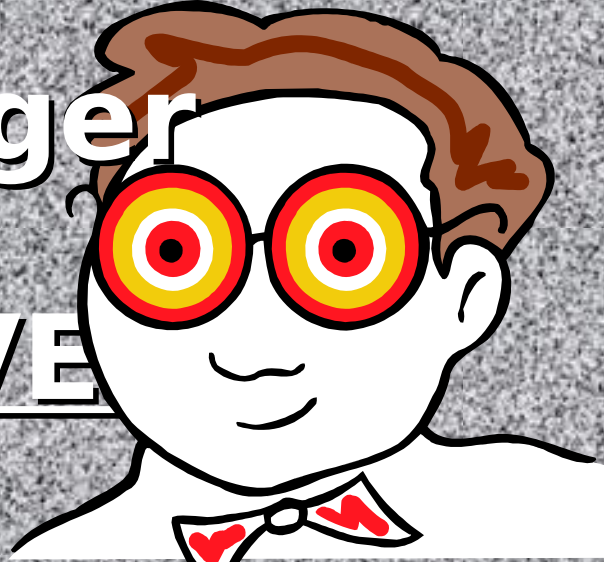
Stranger Danger

Stranger Strategies - TEAC



- Use the buddy system
- Walk only on well-lighted streets
- Stay away from isolated areas
- Use the No, Go and Tell system if someone tries to lure them away:
  - No... means don't go with strangers
  - Go... means run away if trouble starts
  - Tell... means it's okay to tell an adult

Stranger Danger

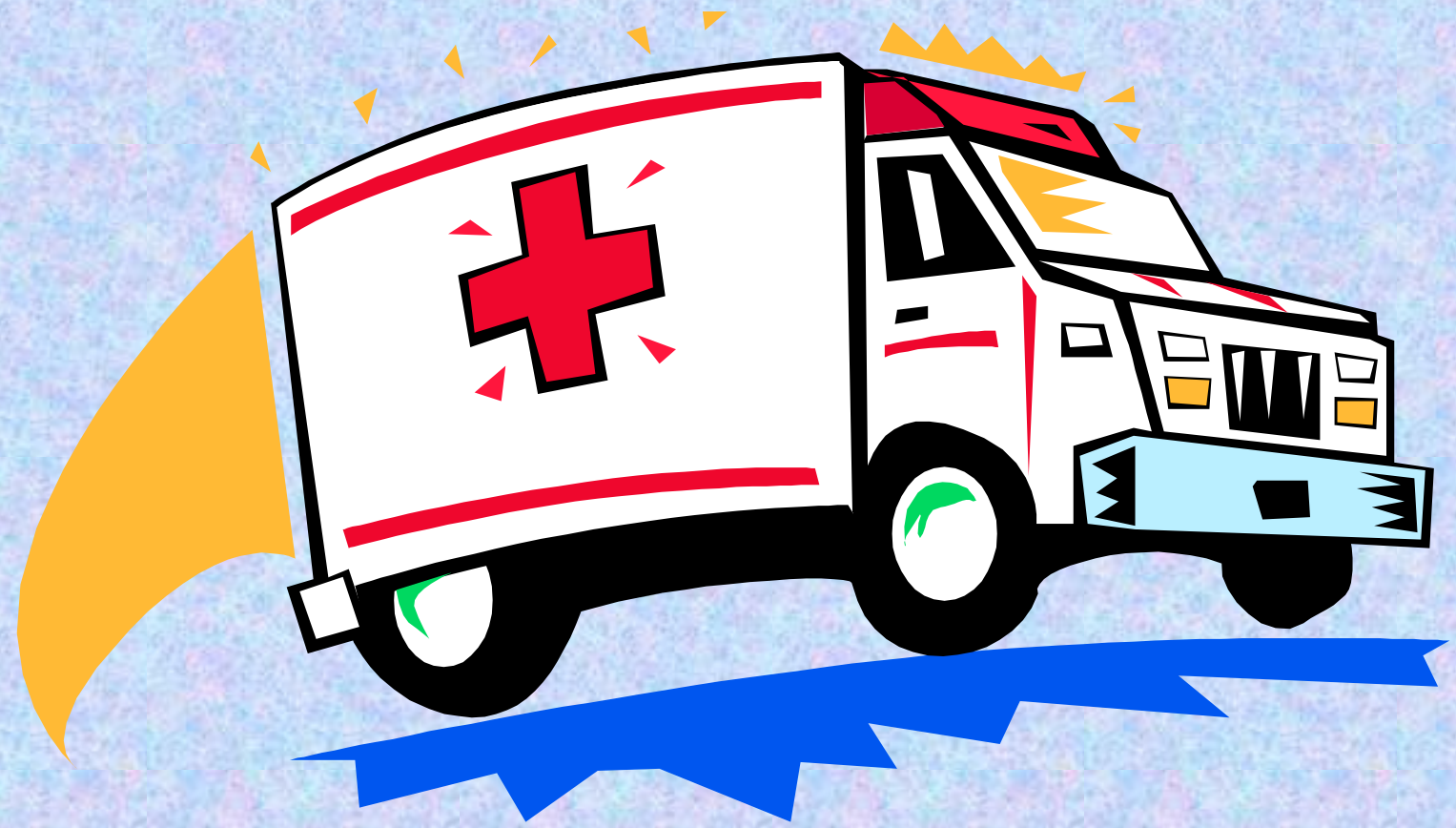


Stranger Strategies - NEVE

- Accept anything from a stranger
- Agree to anything suggested by a stranger
- Talk to strangers; they may not be telling the truth
- Accept a ride or go with a stranger

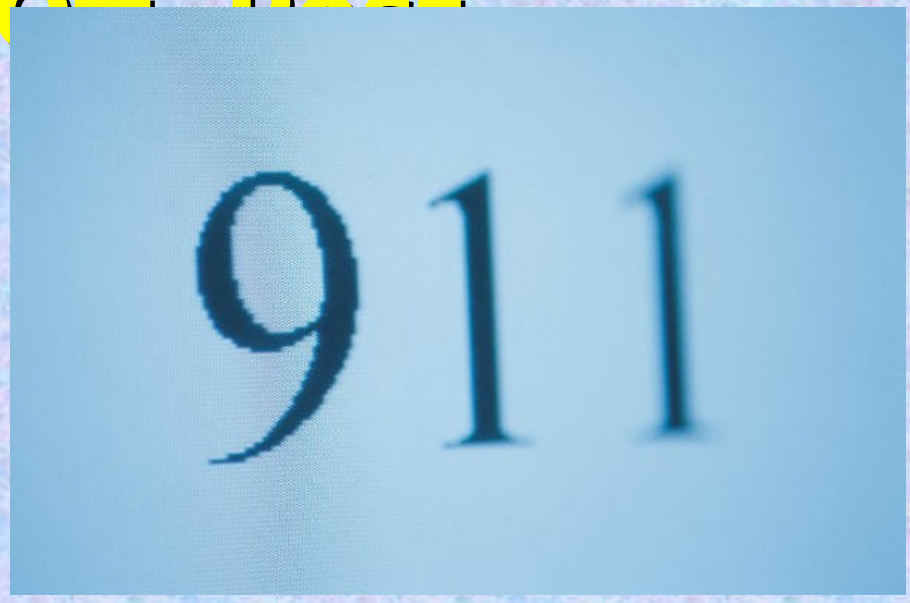
If a person makes them feel uncomfortable, walk away

Emergencies



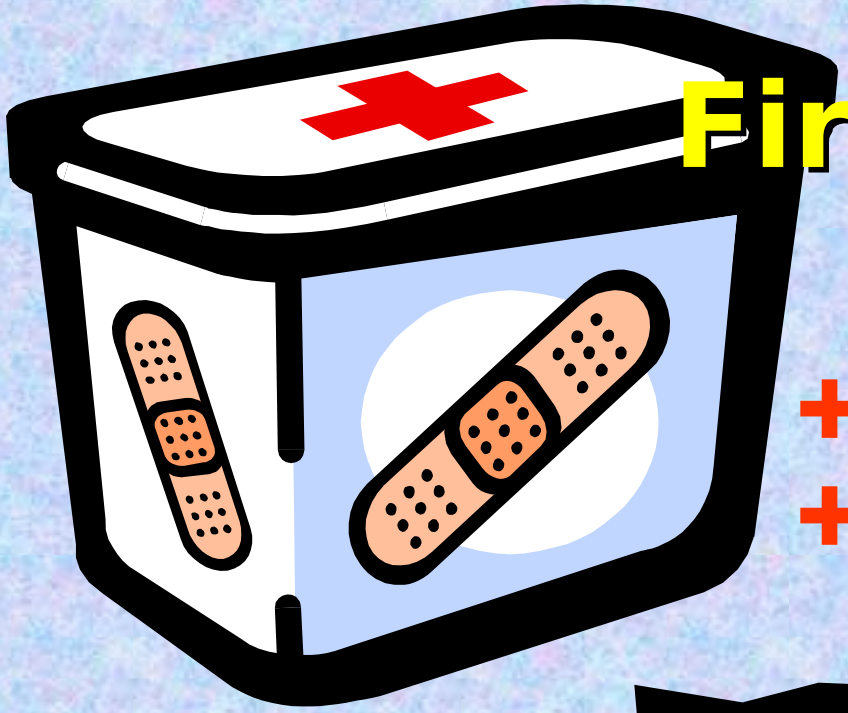
Emergency Numbers

- Ambulance / Military Police / Fire
- On or Off Post



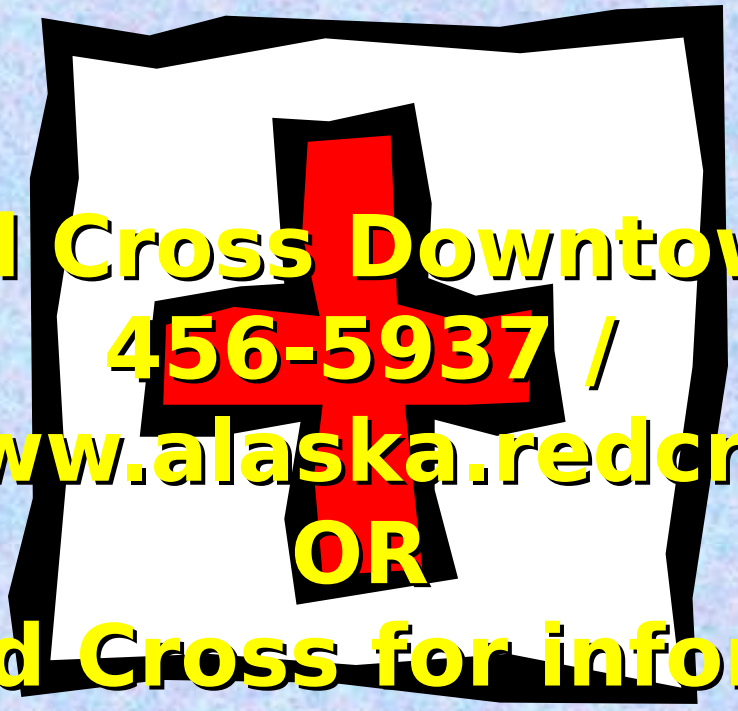
In Case of an Accident

- Call only if they or someone they know is hurt
- Tell the dispatcher what happened
- Hang up when the operator says to
- Practice emergency situations
- Post key numbers by the phone



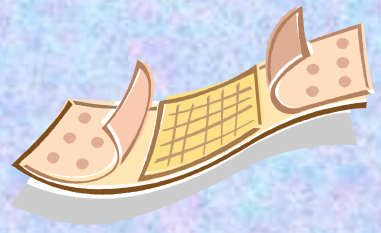
First Aid

+ Basic First Aid
+ Child CPR



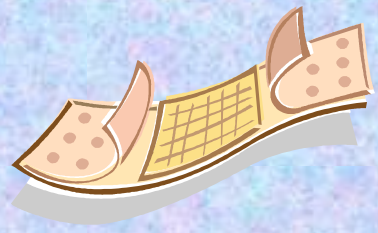
CONTACT

Red Cross Downtown
456-5937 /
http://www.alaska.redcross.org/
OR
FWA Red Cross for information
353-7234



First Aid Kits Contents

- One roll of absorbent cotton
- Antihistamine for allergic reactions
- Povidone-iodine antiseptic solution
- Aspirin (for adult use only) and acetaminophen and ibuprofen (in child and adult dosages)
- 1-inch wide adhesive tape
- Bacitracin ointment to treat cuts, scrapes, or puncture wounds
- Bandages in various sizes
- Bar of soap
- Butterfly bandages and thin adhesive strips to hold skin edges together
- Calamine lotion
- Cold pack
- Mouthpiece for protection when performing mouth-to-mouth resuscitation
- Cotton-tipped swabs



First Aid Kits Contents

- Syrup of ipecac to induce vomit
- Elastic bandage or wrap
- Eyedropper for irrigating
- Flashlight
- 4-inch x 4-inch gauze pads
- Disposable surgical gloves
- Matches
- Saline eye drops
- Scissors
- Safety pins
- Sewing needle to help remove a splinter
- Four packets of sugar in a sealed plastic bag to use in case of low blood sugar (for diabetics)
- Thermometer
- Two triangular pieces of cloth to use as slings or to cut up as bandages or straps
- Tweezers

Health Topics A to Z
http://www.cdc.gov/health/diseases.htm
An On-Line Handbook for Child Care Providers
http://www.cdc.gov/ncidod/hip/abc/abc.htm
Bicycle Helmets
http://www.cdc.gov/ncipc/bike/helmets.htm
CDC Child Care Health and Safety Action Plan
http://www.cdc.gov/ncidod/publications/daycare/contents.htm
Child Passenger Safety Fact Sheet
http://www.cdc.gov/ncipc/factsheets/childpas.htm
NCIPC Bibliography of Articles on Dog Bites
http://www.cdc.gov/ncipc/duip/dogbites.htm
CDC Childhood Lead Poisoning Prevention Program
http://www.cdc.gov/nceh/lead/lead.htm
Playground Injuries
http://www.cdc.gov/ncipc/factsheets/playgr.htm
Health Topic: Swimming Pool Safety
http://www.cdc.gov/health/spsafety.htm
Child Passenger Safety
http://www.cdc.gov/safeusa/move/childpassenger.htm
Consumer Product Safety Commission
http://www.cpsc.gov/

Questions?

John L. Cicilese
cicilesejl@wainwright.army.mil
353-6281 / FAX 353-6272